

MAY MENU

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

MENU SUBJECT TO CHANGE

MILK, JUICE & BREAD SERVED WITH ALL LUNCHES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BAKED PORK COLLARD GREENS ROASTED POTATOES APPLE	2 VEGETABLE BAKED ZITI W/WHOLE WHEAT PASTA RAW BROCCOLI SALAD BANANA	3 BBQ CHICKEN LEGS CALIFORNIA BLEND VEGETABLES GARLIC MASHED POTATOES ORANGE	4 PARMESEAN BAKED TILAPIA WHOLE WHEAT PASTA PRIMAVERA W/CHEESE BABY CARROTS W/PARSLEY PEAR
7 BAKED BREADED CHICKEN CUTLET BROWN RICE W/MUSHROOMS SAUTÉED SPINACH ORANGE	8 TURKEY MEATLOAF MASHED POTATOES SAUTEED ONIONS & PEPPERS APPLE	9 BEEF STIR FRY WHITE RICE ROASTED BROCCOLI CANTALOUPE	10 VEGETABLE BIRYANI W/CHECKPEAS MIXED GREEN SALAD BANANA	11 BAKED TILAPIA AMANDINE COUSCOUS W/PEAS & LEMON CABBAGE W/SHREDDED CARROTS PEAR
14 BAKED ZITI W/RICOTTA MIXED GREEN SALAD ORANGE	15 BAKED CHICKEN BAKED SWEET POTATO SAUTEED SPINACH APPLE	16 ITALIAN ROASTED PORK TENDERLOIN CARROT SALAD KIWI	17 SALISBURY STEAK W/MUSHROOM GRAVY BROWN RICE BROCCOLI W/ TOASTED GARLIC BANANA	18 VEGEABLE SOUP TUNA FISH SALAD CABBAGE CARROT SLAW PEAR
21 BAKED MUSHROOM CHICKEN WHITE RICE BABY CARROTS W/PARSLEY ORANGE	22 CHICKEN SALAD PASTA SALAD CALIFORNIA BLEND VEGGIES APPLE	23 BBQ CHICKEN BREASTS COLLARD GREENS MASHED POTATOES BANANA	24 BEAN BURRITO W/WHOLE WHEAT TORTILLA CUCUMBER TOMATO SALAD PEAR	25 TILAPIA W/FRESH SALSA RELISH ROASTED POTATOES SAUTEED ZUCCHINI KIWI
 28 MEMORIAL DAY CENTER CLOSED	 29 STEWED PORK CHOP MASHED SWEET POTATOES STEAMED BROCCOLI APPLE	30 EGG SALAD CLASSIC MACARONI TOSSED SALAD W/DRESSING CANTALOUPE	31 CHICKEN / BROCCOLI STIR FRY LO MEIN BANANA	